

◆ The Senior Chatter ◆

Volume 13, No. 7

Menasha Senior Center, Menasha, WI

July, 2009

Dates to remember this month:

Date	Page
July 10—RWB Party	11

No health screening in July

Bike 4 Fun

Menasha Senior Center has its very own bike group. They **meet every Friday morning at 8:00am** at MSC, discuss a route to take and then head out. They start out in May as soon as the weather is good and end usually in October whenever the weather is “not so good”.

The “regulars”, Mary M-W, xxx, xxx, xxx welcome you to join them. They’d love to have more riders. They know you know that bicycling is good exercise, but they also want you to know that (1) they are not ‘hard core’ bikers, (2) they use streets with the least amount of traffic, (3) they take different routes and explore, (4) they’re out for about 1-2 hrs. and are always open to taking breaks, and (5) they always wear helmets.

Call the MSC office at 967-3530 to inquire or just stop in at 8:00am Friday mornings.

They **don’t** do that! →



Still ...

Remember that MSC still:

1. Has a paper shredder available for your use. Ask staff for assistance with first time use.
2. Collects used/old cell phones. Funds go to crime prevention education for seniors.
3. Has emergency cell phones available for seniors/disabled—to be used for 911 calls case of emergency.

Call the office at 967-3530 if you have questions.

Phobia's—the fear factor

What is there to be afraid of? If you were to look at a complete list of phobias, apparently everything. There are nearly as many phobias as there are nouns; just attach a Greek prefix to -phobia and you're off.

Fear is in our DNA

Psychologists believe that evolution has woven fear into our collective unconscious. This is a good thing, in and of itself, since fear serves the vital function of alerting us to dangerous situations. It's a defense mechanism. But a phobia is an extreme and disabling fear accompanied by an intense need to avoid the object or situation. As the thinking goes then, phobic people may be exaggerating fears.

Evolution is still catching up

The typical evolved brain knows, for instance, that snakes are more afraid of us than we are of them. But the primal brain says, “Ahhhhh— shoot that thing.” As seen through the caveman's eyes, fear developed to keep him alive.

But now consider the phobic mindset, in which fear becomes irrational. Say a young woman living in the hills of Los Angeles has a phobia about elephants. They are not indigenous to her hemisphere and she doesn't go to the circus, but she freaks out when one appears on the nature channel. The primal fear has a lock on her.

Another example is aviophobia, the fear of flying. It's possible people fear flying not because of the crashes reported (which, statistically, are very rare) but because there is something unnatural - to the caveman, anyway - about being shot through the air at 600 miles per hour, 32,000 feet above the ground, eating salty peanuts.

You are not alone (does that scare you?)

The most common phobias are zoophobias, which

Continued on page 7

Welcome to the *Senior Chatter*



Menasha Senior Center
116 Main Street Menasha, WI 54952
920-967-3530

Hours: 8:00am-4:00pm Monday-Friday

sbull@ci.menasha.wi.us

web site:

www.menashaseniorcenter.org

Senior Center Supervisor Sylvia Bull
 Activity Coordinator Barb Taylor

MSC welcomes all adults 55 and over to participate in our many activities and utilize our services. There are no membership or residency requirements.

Our mission is to enhance the quality of life of older adults by providing educational, recreational, social and wellness programs and to meet these needs as requested by the community.

MSC Planning Committee:

Meets second Thursday of each month at Menasha Senior Center at 9:00 am.

Members:

Susan Locke Barbro Whiting
 Ruth Jerome Terry Czerwinski
 Norma Heinz Roy Rogers

City of Menasha Committee on Aging:

Meets second Thursday of each month at the Menasha Senior Center at 7:45 am.

Members:

Bob Jankowski Roy Rogers
 Joyce Klundt Sue Steffen
 Lee Murphy Jean Wollerman
 Sue Nett Mary Lueke

(Services are provided without mandatory dues, Senior Center Regulation, Title III Older American Act, Chapter VII, Section 5.45).

Services at MSC

Menasha Meal Site: Meals through Winnebago Co. Nutrition Program are served Monday through Friday at 11:20am at the Menasha Senior Center. Must call 725-6323 by 12:00pm the day before for meal reservations. Must be 60 years or older to participate. Suggested donation of **\$2.75**.

Meal Site Manager: Ardeana "Dee" Osinski

Winnebago Co. Benefit Specialist, Candace Corbett: Candace visits MSC the first two (2) Thursdays each month from 10:00 -11:30am. Call the MSC office at 967-3530 for more information.

60 Plus Health Program: (City of Menasha Health Dept.) Call 967-3520 for personal counseling and screening tests.

-Health screenings offered monthly at MSC

-Blood Pressure checks every Tuesday at MSC

Valley VNA Senior Services Footcare: Clinics are held twice a month from 1-4pm. Must call the VNA at 727-5555 to make your appointment.

Dial-a-Ride: Discount taxi service for Neenah & Menasha residents 60 yrs. and older. Tickets available at MSC.

Menasha School District Lifetime Passes:

For residents 60 yrs. and older who live in the Menasha school district - admission to many school sponsored events.

Information and Referral: MSC will assist in identifying a local agency or organization that may help you. Also available at the office:

County Resource Directories

SeniorCareRx Applications

File of Life

Community Resource brochures, info.

Mini-Library: Resources, books, videos

Computers: Internet access; available 8a-4p (except Weds 12-4:00pm); One-on-one instructions available Monday mornings by appt.

Senior Chatter is a monthly publication of the Menasha Senior Center providing a variety of information on senior issues, events in the community and at MSC - all for \$4.00 a year!

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MENASHA, WI 54952**

Any questions or concerns ? We can help.

Choices for Living

Valley VNA
Senior Services

Assisted Living • In-Home Care • Community Resource

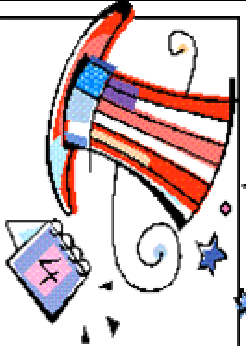
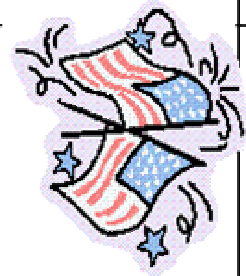

100 Years of Meeting Community Needs

1535 Lyon Drive
Neenah, WI 54956
Fox Cities (920) 727-5555
Oshkosh (920) 426-1931

Visit our web site at
valleyvna.org to learn
more about your
options for the future.



Menasha Senior Center JULY 2009

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>9:30 Line Dancing 11:20 Meals 12:30 Scrabble 1:00 Men's cards</p>	 <p>10:00 Wii 11:20 Meals 1:00 Bingo 1:15-3:00 <u>Blood Pressure ck</u></p>	<p>9:30 Line Dancing 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard</p> <p>1:00 VNA Foot-</p>	<p>8:30 Oil Painting 10:00 BensSpec 11:20 Meals 12:30 Cribbage 1:00 BINGO-Sterling House 1:00 Bridge</p> <p>9:30 <u>Healthy Steps</u></p>	<p>10:00 Wii 11:20 Meals 12:00 Quilting 12:30 <i>Hand&Foot</i> 1:30 Advanced Line Dancing</p> 
<p>9:30 Line Dancing 10:30am <u>Nutro</u> Bingo 11:20 Meals 12:30 Card making class 1:00 Men's cards</p>	<p>10:00 Wii 11:20 Meals 1:00 Bingo 1:15-3:00 <u>Blood Pressure ck</u></p>	<p>9:30 Line dancing 10:00-11 Chair exercise 11:20 Meals 11:00 <i>You Can Do It</i> 12:30 Texas Hold'em 12:30 Shuffleboard 2:00 SALT meeting</p>	<p>8:30 Oil Painting 9:30 <u>Healthy Steps</u> 11:20 Meals 12:30 Cribbage 1:00 Bridge</p>	<p>10:00 Wii 11:20 Meals 12:00 Quilting 12:30 <i>Hand&Foot</i> 1:30 Advanced Line Dancing</p>
<p>9:30 Line Dancing 11:20 Meals 12:30 Scrabble 1:00 Men's cards</p>	<p>10:00 Wii 11:20 Meals 1:00 Bingo 1:15-3:00 <u>Blood Pressure ck</u></p>	<p>9:30 Line Dancing 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard</p>	<p>8:30 Oil Painting 9:30 <u>Healthy Steps</u> 11:20 Meals 12:30 Cribbage 1:00 Bridge</p> <p>23rd & 24th—MSC Brat fry at 116 Main Street</p>	<p>10:00 Wii 11:30 Meals 12:00 Quilting 12:30 <i>Hand&Foot</i> 1:30 Advanced Line Dancing</p>
<p>9:30 Line Dancing 11:20 Meals 1:00 Men's cards</p>	<p>9:00 Newsletter Assemb. 10:00 Wii 10:30-12n <u>Blood Pressure</u> 11:20 Meals 1:00 Bingo</p>	<p>9:30 Line Dancing 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard</p>	<p>8:30 Oil Painting 9:30 <u>Healthy Steps</u> 11:20 Meals 12:30 Cribbage 1:00 VNA Foot care</p>	<p>10:00 Wii 11:30 Meals 12:00 Quilting 12:30 <i>Hand&Foot</i> 1:30 Advanced Line Dancing</p>

Note from Staff...

Dear Friends,

Advise from a TIGER:



Earn your stripes | Be adventurous |
Have an appetite for life | Live fiercely |
Keep a watchful eye | Expand your territory | It's OK to be a little wild.

When you expand your territory, stop in at MSC.
We'd be happy to see you.

Sylvia Bull Barb Taylor

WISH LIST

- Jar opener ("one touch" as seen on TV—ask Barb)
- Can opener ("one touch" as seen on TV)
- Acrylic stamps and blocks for card making class (ask Barb)

FYI: We can get a Bocce ball set—all we need are players. If interested, call Sylvia.

BIRTHDAY GIFT

Have a birthday in **JULY**? Stop in the office with your ID during the month and pick up your birthday gift.



Wii games

By MSC Staff

We Wii on:

Friday mornings at 10:00am and
Tuesday mornings at 10:00am.

I challenge you—come in and Bowl with Ruth H. She bowled a 180 the other day. (Psst: her curve to the left often gets her in trouble—her score is then considerably less.) Sylvia has a hard time picking up her spares, but she does enjoy the game. She whoops and hollers such that Dee, the meal-site manager, has to ask her to "keep it down"!!



The 5-second rule: Is it real? Does it work? Is it safe?

Answers: Yes, No and No

Editor's note: I had so much fun reading all the material on this "rule" when I researched it on the Internet. The writers were good, and humorous. I hope I can give you a 'taste' of it in this short space. And I've practiced this on occasion— I just didn't know it had a name!!

Just about all of us have invoked the "five-second rule." It's the theory that you can drop a piece of food on the floor for up to five seconds before the food becomes too yuck to eat. Here are two common scenarios: (1) you're eating a bag of French fries, and one drops on the floor. You look around, and if nobody is watching, you pick it up and eat it. If someone sees you, you laugh and say, "5-second rule!" (2) Your 3 yr. old is eating a pretzel, drops it on the mall floor and starts screaming bloody murder. To avoid drawing attention, you quickly pick it up, make motions like your brushing it off, and hand it back to him. And you avoid making eye contact with anyone in the vicinity.

A study at Clemson University tested this theory. They dropped pieces of bologna and slices of bread on surfaces (on ceramic tile, wood flooring and carpet) contaminated with Salmonella for as little as 5 seconds and as long as 60 seconds. After just 5 seconds, both food types had already picked up as many as 1,800 bacteria (more bugs adhered to the moisture rich bologna than the bread) and, of course, it picked up more the longer it lay on the surface.

So, can you really eat something that has been on the floor for less than 5-seconds? Depends on who you talk to!! Here are some responses:

1. It's all relative. Something that's on a gas station bathroom floor? Forget it!! Something that's on my kitchen floor? Well maybe!?
2. Something that has been on the floor for less than 5 sec. is probably going to be *relatively* safer than something that has been on the floor for 8 hrs.
3. Picking up food quickly does mean you end up with fewer bacteria, but you can get sick by ingesting as few as 10 bacteria for some salmonella.
4. Washing the food off isn't going to do that much, but you might kill the bacteria by heating the food in

Continued on page 6

Health Corner

By Valerie Davis RN, 60 Plus Program

Send yourself an **S.O.S.** for your health

SLEEP

✓ When you sleep, your immune system gets a boost. Sleep helps you think more clearly and can improve your mood. You need 7-8 hours of quality sleep each night.

✓ Before bedtime, avoid stress, bright lights, fatty foods, violent TV shows, caffeine, smoking and alcohol.

✓ Establish a bedtime routine that is relaxing such as taking a warm bath, having a cup of warm water with lemon, listening to soft music, reading or meditating.

✓ Your room should be comfortable, quiet, dark, a proper temperature and well ventilated.

OPTIMAL NUTRITION

✓ You need 5-9 servings a day of fruits and vegetables. Dark green leafy vegetables, carrots, sweet potatoes, citrus, and deeply colored fruits like blueberries are all good, nutrient rich choices.

✓ Vitamin D helps protect against many diseases. Sunlight is needed to generate Vitamin D.

✓ Aim to eat 25 grams of fiber each day. Oats, beans, barley, bran, figs and quinoa are great sources of fiber.

✓ Eat other foods with immune boosting properties such as organic salmon, almonds, flax seed and garlic. Limit high fat and high sugar foods.

SMILE

✓ Smiling causes your brain to release chemicals that improve your mood and can also improve immune function.

✓ Smiling is contagious and can draw good energy to you.

✓ Take time to actually practice smiling ... just 10 seconds a day and you can really start to feel better.

Source: SeniorNetwork report, Mar/Apr, '09



60 Plus Health Program Blood Pressure Screenings

Schedule for **July 2009**

Menasha Senior Center

Tues. July 7	1:15-3:00 pm
Tues. July 14	1:15-3:00 pm
Tues. July 21	1:15-3:00 pm
Tues. July 28	10:30—Noon

Elizabeth Court Apts.	Thurs., July 9	1:30 pm
Lakeside Commons	Thurs., July 9	2:00pm
St. John's Keenagers	Thurs., July 30	1:00pm

The last blood pressure clinic of the month at MSC will also be a **Health Consultation**. If you have any health related questions, feel free to stop in - I will do my best to answer them for you. Val Davis, RN, PHN, 60+ Program

5-seconds continued from page 5

the oven. (All of this won't make the food very appetizing!!)

5. There's no such rule. Microbes are called microbes because they're micro, so you can't see them with the naked eye. You can't tell if there's one nasty bug lingering on the floor or thousands of them—or what kind they are.

6. Just because food picks up bacteria doesn't mean that its harmful bacteria. Our body is typically fighting every day against infection and our body usually wins. BUT because there's no way to know for sure what kinds of bacteria are on that hunk of turkey you just dropped, the best advice: "When in doubt, throw it out."

Final "food for thought" (pun intended): If you drop a piece of food, pick it up quickly, take five seconds to recall that just a few bacteria can make you sick, then take a few more seconds to think about where you dropped it and whether or not it's worth eating!!

Editor: does this apply to M&Ms?



While holding the medications he just purchased at the pharmacy, an elderly gentleman asked the pharmacist, "Any other side effects besides poverty?"

Activities at MSC

Regularly scheduled activities:

◆**Bingo:** 1st Thursdays 1-2:40pm; 2nd, 3rd, 4th Tuesdays 1-2:40pm

◆**Intermediate and Advanced Line Dancing:** Monday and Wednesday morning 9:30-10:30am. \$1.00 per class. Instructor: Carol Dolan. Beginner lessons available. Call.

◆**Card Games:** *Men's Sheephead* (not for beginners) - Mondays at 1:00pm, (Sept.—May); *Hand & Foot* - Fridays at 12:30pm; *Bridge* (not for beginners) - Thursdays at 1:00pm; *Texas Hold'em* Wednesdays 12:30.; *Cribbage* - Thursday, 12:30pm;

◆**Quilting Group:** Meet Fridays 12:00-2:00pm.

◆**Weight loss group:** Wed. mornings 11:00am

◆**Shuffleboard:** Wednesdays 12:30-3:30pm

◆**Computer Classes:** One-on-one individualized instructions. Monday mornings. Call 967-3530.

◆**Greeting card class:** Every 2nd Monday 12:30-3:00pm. \$2.00. Supplies available.

◆**Computer Lab:** Computers are available for use during center's working hours (*except* Wed. afternoons).

◆**Chair Exercise Class:** (strength, flexibility, balance) every Wednesday morning 10:15-11am; free.

◆**Scrabble:** 1st and 3rd Mondays at 12:30pm

Phobias continued from page 1

are anxieties about animals. Bats, rats, dogs and cats are all on the list. The general fear of insects is very common, as is fear of mice. The two animals most likely to give us the willies, though, are spiders and snakes. Seven percent of the population has a zoo-phobia, and women are three times more likely to be afflicted.

The five most common phobias are:

1. Fear of snakes (ophidiophobia)
2. Fear of giving a speech (glossophobia)
3. Fear of heights acrophobia)
4. Fear of rodents (musophobia)
5. Fear of flying (aviophobia)

Phobias about confined spaces, thunder, nighttime and dogs follow closely behind. ♦

Anything else to make life more complicated!!??? 😊

Upcoming events

August 18—Fox Cities Senior Games

September—Mayor's Cookout

October—Halloween Party

November—Senior Thanksgiving Banquet honoring Veterans

Adult/Senior Morning Swim

at Jefferson Park Swimming Pool—Menasha

Mon., June 8 through Sat., August 22

6:00-9:00am

(before swim lessons)

The pool is open for adults only. Swim and relax in our heated pool (80 F). This is a great opportunity for seniors! (Waterslides not available for use.)

Purchase a Morning Swim Pass (\$15/Residents and \$20/Non-residents) or pay daily at the pool (\$1/Residents and \$2/Non-residents).



Call Park & Rec. with any questions, 967-3640.

To aid the cause ...

... to support ... to help raise funds ...
for the Menasha Senior Center.

One such event is our brat fry. We have one coming up **July 23** and **24**—stationed in front of the senior center. Join us.

Stop in and buy a brat.

or

Give us a call and volunteer a few hours in the morning or afternoon. We need your enthusiasm, smile and helping hands.

We are also selling popcorn and soda on Thursday afternoons during the Farmer's Market between 2:30-6:30pm. Can you help us with this?

Call Barb at 967-3530 if you have questions or if you want to schedule a shift.

Thanks so much—in advance—for your help.



TRIAD Tip

Officer Jeff Jorgenson,
Crime Reduction Coordinator

Menasha Police Department 920-967-3569

Misleading tactics to sell extended auto warranties

Consumers across the entire United States are alleging that US Fidelis, a company touting itself as "America's leading provider of extended auto warranties," pressured them into buying expensive and unnecessary vehicle service contracts from which they received little or no benefit. They were previously known as Dealer Services and National Auto Warranty Services. The Better Business Bureau has received, in the past three years, more than 33,000 inquiries and more than 1,200 complaints and reports from consumers expressing dissatisfaction with US Fidelis or its services. (The Menasha Police Dept. has received 4 calls on this topic).

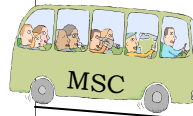
"The sheer volume and ongoing pattern of the complaints involving US Fidelis are nothing short of astonishing," said Steve Cox, BBB spokesperson. "We continue to get reports from consumers saying they have been pressured or misled into buying warranty contracts they don't want or don't need, and many others tell us they've been left holding the bag when the claim-processing company refused to pay for costly vehicle repairs."

The nature of complaints against US Fidelis ranges from rude and uncooperative sales representatives to the company's refusal to provide consumers with copies of coverage contracts before purchase. Some consumers allege contracts were written to make it extremely difficult to obtain payment for repairs. Others said repairs they thought should have been covered were not.

US Fidelis calls itself a "faith-based company" with a "commitment to treating every customer with honesty and integrity." Its logo, topped by a shining halo, can be seen in national television commercials. The company sells these service contract via TV and Internet commercials and by mail and phone.

The BBB offers the following advice for dealing with firms offering extended auto warranty con-

2008 TRIPS with MSC



Plan now

Call 967-3530

Wed., July 8 Around Town Tour

We'll head north-east out of town and visit the expanding metropolis of Greenville with stops at the Bulk-Priced Food Shoppe and the Special Memories Zoo (a small intimate zoo w/little walking). We'll eat lunch at the Countryside Catering and Café. We'll take a different route back home so we can see other territory.

Cost: \$20.00 (school bus and lunch included). Pay in full at registration.

Lv MSC:

Ret MSC:

Wed., Sept. 30 Door County Tour

This is what you have to look forward to: Candleworks - demonstration and your own candle dipping; Tannenbaum - shopping; Seaquist Orchards - jam, jellies, and apples; Al Johnsons - goats and lunch (Swedish meatballs, mashed potatoes, tossed salad, cherry cheese pie); Sister Bay - shopping or strolling; Door Peninsula Winery - tour and tasting.

Cost \$45.00 (includes bus, food, tips). \$10 at registration; pay in full by Sept. 16.

Lv MSC 7:30am sharp

Ret MSC:

tracts:

- Never give personal information, including Social Security, bank or credit card numbers, over the phone to an unknown telemarketer.
- Read your manufacturer's warranty and contact your dealer or manufacturer to ensure that you are not purchasing duplicate coverage.
- Consumers can place their phone numbers on the Federal *Do Not Call List* by visiting www.donotcall.gov.

Menasha Health Department seeks EMERGENCY VOLUNTEERS

HERE IS YOUR CHANCE TO MAKE A DIFFERENCE IN YOUR COMMUNITY!

The Menasha Health Department is looking for volunteers for health related catastrophic emergencies for our emergency preparedness program. This kind of event may require a city wide mass vaccination or pre-medication clinic. The recent appearance of the novel H1N1 virus may warrant a possible mass clinic event if it were to increase to epidemic levels in the future. We want to be prepared because of the unknown nature of this virus.

Volunteers are needed for non-medical tasks (medical tasks also if qualified). No special skills are required. Tasks may include assisting in registration, helping clients fill out paperwork, greeters, security, and getting clients through the clinic process in a timely and orderly manner. One or two educational training sessions will be provided each year. You and your family, friends or neighbors are invited to become a part of this community effort.

Please call Loretta Kjemhus at the Menasha Health Department for an application or answers to your questions at 967-3520.

*You do not need to live in Menasha to become a volunteer for our health department.

THANK YOU FOR YOUR SUPPORT!

MSC's new status recognized at City Hall

At the City of Menasha's Common Council meeting on Monday, June 1, MSC was recognized for its recent achievement—Accreditation with the Wisconsin Association of Senior Centers. We received a plaque from the WASC organization (*pictured on left*) which will be proudly displayed at the center. And next to it, we will hang, with equal pride, a framed certificate (*right*) presented to us from Mayor Don Merkes and the Common

Council for achieving this statewide status. The certificate states, "Very few Senior Centers in the state of Wisconsin reach this goal, and with a two person staff this is especially impressive. Menasha is proud to have such an active, hard working senior group woven into the fabric of our community".

(How great is that?!!)



Alten Haus Assisted Living

625 and 635 Bondow Dr.
Neenah, WI 54956

Email: Altenhaus@new.rr.com

Web Site: altenhaus.com

Contact Anne Altenhofen-Krause for a tour
920-470-9040



Authorized Agent for:

SecureHorizons
by UnitedHealthcare

 **Evercare**

Paul Eisen CLU
Senior Specialist

Cell: 920-858-0081

E-mail: peisen.wi@att.net

Phone: 920-734-1303

Fax: 920-734-3071

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936 6th Street

Menasha, WI 54952

Email: ElizabethCt@newbc.rr.com

Website: www.ogdenre.com



**Just how much do you know about ORANGES!? Do this crossword
and find out.**

Menasha Senior Center's

RWB Party

Menu:

Ham sandwiches
Coleslaw
Baked Beans
RWB dessert

Entertainment:

Bob and Norm
(accordion, trumpet, song)



July 10, '09
1:00-3:00 pm

Ticket: \$5.00

Ticket deadline: July 8

RWB? Answer on page 12

Lunch is sponsored by:
Island Shores Retirement Living

Church marquee signs spotted in the U.K.

- There are some questions that can't be answered by Google.
- All services are different - we leave the repeats to TV.
- As you pass this little church, be sure to plan a visit so when at last you're carried in, God won't ask "who is it".
- Speak well of your enemies. After all, you made them.
- Let us help you study for your final exams.
- Almost 2000 years old and still under the maker's guarantee.
- God is perfect, only man makes mistakes.
- We are the Soul agents in this area!
- The meek shall inherit the earth - if it's alright with you.

Editor's note: Clever, hey? Received them via email.

Good ones ...

Editor's note: a friend, in Pardeeville, WI, thought you'd enjoy some funny stories she found in the Columbia County Entertainment paper. Here are three.

Teen attire—A teenaged boy with spiked hair, nose ring and baggy clothes was overheard telling a friend, "I don't really like to dress like this, but it keeps my parents from dragging me everywhere with them."

The Winner—The father of five children had won a toy at a raffle. He called his kids together to ask which one should have the present. "Who is the most obedient?" he asked. "Who never talks back to mother? Who does everything she says?"

Five small voices answered in unison, "Okay, daddy, you get the toy."

Telephone call—A teenage girl had been talking on the phone for about half an hour, and then she hung up. "Wow!" said her father, "That was short. You usually talk for two hours. What happened?"

"Wrong number..." replied the girl.

(More in August newsletter)

To aid the cause ... about the senior's Fundraising Account

This covers the cost of purchases not covered by our City budget. Examples: educational speakers, paper storage rack, decorative plant, small kitchen appliances and utensils, coffee, balloons, round table, shuffleboard cues, popcorn, chair cart, small bulletin board, birthday gift items. MSC's intent is not to burden the City's taxpayers and is willing to raise funds for many of our needs.

MSC also asks for donations, both money and in-kind—and we shop sales!!

Should the City of Menasha request major budget cuts, at any time, then MSC will have to increase our fundraising efforts. We will call on you for assistance and hope that you consider the Menasha Senior Center an important and vital asset to the community. We certainly do!

Answer: Red White and Blue

Thank you! ♥

We would like to say thank you to all volunteers and friends of MSC who contribute service, money and gifts to the Menasha Senior Center. We considered creating a 'thank you' list in this newsletter, but realized that we surely would, inadvertently, neglect to list someone's name and donation. So to avoid offending anyone we will, instead, give a hearty personal thank you at the time of the contribution.

You can make a difference . . .

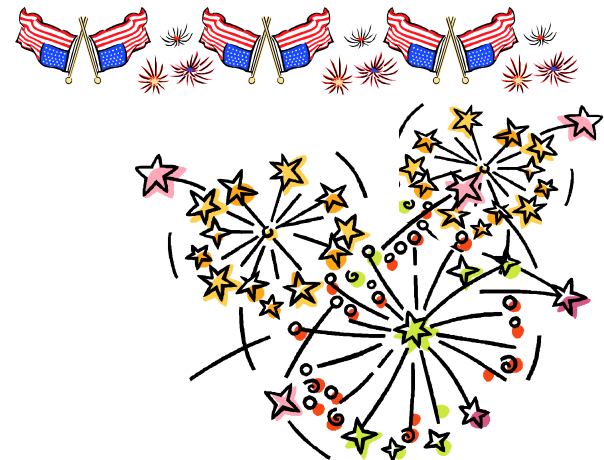
You can leave a legacy by remembering the Menasha Senior Center in your will. Your generosity will enable the center to continue to provide programming, classes and services to older adults of the Menasha area. If you are considering this option, please call Sylvia Bull to discuss various ways that you can assist the Center in fulfilling its mission.

Change is inevitable, except from vending machines.

~Author unknown

The Senior Chatter

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MSC is an accredited member of the
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